
FRONT COVER:

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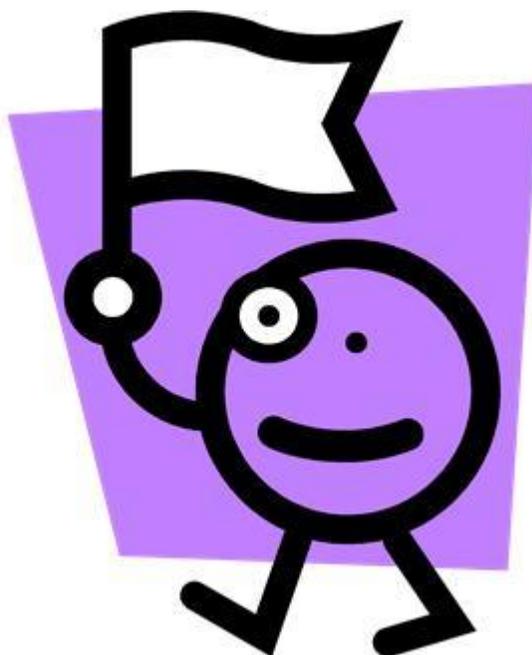
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Foreword

When do you need to say that you have to let go and surrender? It is true that human's life is unpredictable. No one knows what will happen in the near future. As a director of your own life, you have to know when to give up and when to fight. But, it is easier said than done. Like others, it is hard for you to face the reality. Get all the info you need here.



The Art of Allowing and Surrender

Living In Harmony with Who You Really Are

Chapter 1:

Why Do We Need To Improve

Synopsis

Sometimes, life is out of control. During these unwanted situations, you have no choice but to surrender. Without any question, you will just accept the fact that you lose.

However, surrendering is not about giving up. It is an art of allowing other beautiful things to come within. Believe it or not, surrendering is a not a sign of weakness, but rather a strength.



The Basics

However, it doesn't mean that when you have problems in life, you will easily give up. As long as you can and you are on a right side, you have to fight for whatever situation.

You only need to give up if you think that there is no other means but to surrender. But, before you surrender, you have to ask yourself. What do you want to give up? Is it your career, relationship or what? Are you ready to face its consequences?

If you want to know the real meaning of allowing and surrendering, this book serves as your guide. From its basic principles to its underlying secrets, all of them can be fully identified. All you have to do is to sit back and learn how this art of allowing and surrendering affects your life!



Chapter 2:

Figuring Out What You Truly Value

Synopsis

Like other people, you are also confused on what to do with your life. Before making any action, you always weigh several things. One of the hardest decisions you can make is to surrender.

To surrender is to give up control or power of something to someone else. It means that you agreed to stop fighting, resisting and hiding because you already knew that you will not succeed or win. But, before surrendering, you need to know what will be the results of your actions. You also need to know what you really value before giving up.

Knowing what you really value isn't an easy task. Before you figure it out, you have to consider various things. If you are not sure what you want, you need a perfect guide. For your reference, here are the things you need to consider:

What Do You Value

Know What You Love to Do

Surrendering is not just about giving up your career or love issues. It is all about any situation in your life. Say for instance, if you are a high school graduate student and your parents are forcing you to study abroad, you have to give up insisting to stay. You need to give up, especially when your parents are planning to migrate. If you love designing, you can also take courses related to field. Then, since you need to pick only one course, you need to know which course fits for your preferences and qualifications.

Watch People Around You

Through watching people around you, you can easily figure out what makes you happy. Depending on your choice, you can start mingling with your friends or other relatives. Then, you have to ask them what makes them happy.

Life is too simple to handle. It is just a matter on how you manage it. If you treasure one thing, make sure that you show that you really value it. Don't easily give up, instead fight for it. Once you value one thing or anything, expect that you can easily decide whether you have to allow or surrender it.

Follow Your Guts

Ask yourself, what makes you happy and what objects or activities are you attracted to? If you know the answer to these questions, you can

easily determine whether you are making a right decision or not. Just make sure that don't try to force your interest. Do the things you love to enjoy your life.

Try Everything

If you can't figure out what you really want, you have to try everything. You can try different activities like sports. You can try both activities you like and you don't like. While doing these things, you have a chance to discover new activities. This scheme will help you in deciding what you really want and love to do.

Analyze Yourself

To know what you really want, you have to analyze yourself. For the best guide, you can get a pencil and paper and jot down notes. If you love various things, you need to weigh which of them is the best. In life, you don't need to get them all. You have to know when to allow or give up something.

After knowing what you truly value, your next move is to start deciding the things you want to give up. Since you hold on the things you love, expect that you are making a right choice. Like others, you will enjoy your life and you will always be happy.

Chapter 3:

Figuring Out What You Need To Surrender To

Synopsis

Most people fail to allow and surrender to several circumstances in life. If you are one of them, you are probably confused on the concepts of giving up or surrendering to something. Surrendering is to yield a strong emotion, temptation or influence to some outer or interior condition while giving up is to abandon a quest, desired goal or dream that you have devoted energy, resources or time to.



Your Goals

Surrendering is a positive act that when embraced will allow you to leave the past, with all its sense of accomplishment, frustrations, memories behind. The main question is, how can you figure out that you need to surrender to? Here are the things you need to do:

- **Listen To Yourself** - The best way to know if you need to surrender something is to be conscious of what you feel. If you think that you are on a wrong path, you have to give up and try to accept the reality.
- **Get Outside Evaluation** - If you are concentrating hard on startup, project, idea or anything, you need to get into the subway vision mode. Simply consider your past activities and know what you have learned from it. You also need to analyze what you will be in the future if you are still fighting for a certain thing or not.
- **Fight Atychiphobia** – It is also called as fear of failure. Most people are experiencing this type of phobia. Before you allow or surrender anything, you need to weigh what will be its consequences. Then, whether you accept it or not, you have to face it. If you are afraid of losing something you value, it is hard for you to surrender it.

With your ideas on how to evaluate when you need to allow and surrender, you don't need to think over and over again. You can easily recognize what you really want and what you need to fight for.

However, like other people, you are also afraid on the consequences of giving up and surrendering. Before surrendering, here are the things you need to keep in mind:

- You Already Learned What is Important – Life never fails to provide you a second chance. Every morning, you have a chance to change your life. You can use this second chance as your motivation. Though you have failed in the past, your experiences are the best key for better life. This second chance is your way to learn and adjust your attitudes toward future promises.
- Problems are Natural for All - Everyone has their own problems. Sometimes, you will enjoy your life, but other times may not. Even if you have various problems in life, you can handle it. You just need to be strong and fight for the things you believe that it is meant for you.

- Pain Makes You Strong and Mature – If you commit mistakes, don't use these errors as your weaknesses. Instead, use them to become more mature and stronger. With your mistakes, you can grow and overcome your failure. Before surrendering or giving up something, always follow what your heart says.
- Life is Too Simple – If you think that you can't handle something, then, this is the chance to give up or surrender. You don't need to make your life even more complicated. Just go on with the flow and learn from your experiences.

Surrendering is the best way option if you think that everything is falling apart. Though you want to surrender, it doesn't depict that you are weak. It means that you are brave enough to accept that you can't do it and prefer to move on with your life.

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